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# Nutri - Topics

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## Vegetarian Nutrition

### General Overview (publications in order by year)

“Nutritional Consequences of Vegetarianism.” Johanna T. Dwyer. *Annual Reviews of Nutrition*, 11:61-91, 1991.

“Vegan Nutrition.” Reed Mangels. In: *Simply Vegan*. Debra Wasserman. Baltimore, MD: The Vegetarian Resource Group. 1991. pp. 131-204.

*Diet Manual Including a Vegetarian Meal Plan*, 7th ed. Georgia Hodgkin (ed.). Loma Linda, CA: Seventh-day Adventist Dietetic Association. 1990. 600 pp.

“Nutrition without Meat.” In: *Understanding Nutrition*, 5th ed. Eleanor Noss Whitney, Eva May Nunnelley Hamilton, and Sharon Rady Rolfes. St. Paul, MN: West Publishing Company. 1990. pp. 164-168.

“Risks and Benefits of Vegetarian Diets.” The National Institute of Nutrition (Canada). *Nutrition Today*, 25(2):27-29. March/April 1990.

“Vegetarianism in the United States of America.” Glen Blix. In: *Food Uses of Whole Oil and Protein Seeds*. Edmund W. Lusas, David R. Erickson, and Wai-Kit Nip (eds.). Champaign, IL: The American Oil Chemists Society. 1989. pp. 395-401.

“Food Guides for the Vegetarian.” Patricia B. Mutch. *The American Journal of Clinical Nutrition*, 48(3):913-919. September 1988.

“Nutritional Care of the Vegetarian Patient.” In: *Applications of Clinical Nutrition*. Frances J. Zeman and Denise M. Ney. Englewood Cliffs, NJ: Prentice Hall. 1988. pp. 102-111.

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The resources listed are judged to be available and to contain accurate and readable nutrition information. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. *Nutri-Topics* replaces the FNIC *Pathfinder* series and is issued in three editions: Consumer, Educator, and Health Professional/Researcher.



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“Position of The American Dietetic Association: Vegetarian Diets-Technical Support Paper.” Suzanne Havala and Johanna Dwyer. *The Journal of the American Dietetic Association*, 88(3):352-355. March 1988.

“Vegetarianism and Health.” *Nutrition Research Newsletter*, 7(11):123-127. November 1988.

“Vegetarianism and Other Alternative Dietary Practices.” Johanna T. Dwyer. In: *Clinical Nutrition*, 2nd ed. David M. Paige (ed.). St. Louis, MO: The C.V. Mosby Company. 1988. pp. 728-747.

“Congress Investigates Vegetarian Nutrition.” Robert Kowalski, et al. *Nutrition Today*, 22(4):30-33. July/August 1987.

### **Nutrition Knowledge, Practices, and Health Status of Vegetarians (publications in order by year)**

“Dietary Status of Seventh-Day Adventist Vegetarian and Non-vegetarian Elderly Women.” David C. Nieman, et al. *The Journal of the American Dietetic Association*, 89(12):1763-1769. December 1989.

“Vegetarian Lifestyle and Bone Mineral Density.” Alice G. Marsh, et al. *The American Journal of Clinical Nutrition*, 48(3):837-841. September 1988.

“A Demographic and Social Profile of Age- and Sex-matched Vegetarians and Nonvegetarians.” Jeanne H. Freeland-Graves, Sue A. Greninger, and Robert K. Young. *The Journal of the American Dietetic Association*, 86(7):907-913. July 1986.

“Health Practices, Attitudes, and Beliefs of Vegetarians and Nonvegetarians.” Jeanne H. Freeland-Graves, et al. *The Journal of the American Dietetic Association*, 86(7):913-918. July 1986.

### **Vegetarianism and Chronic Diseases (publications in order by year)**

*Dr. Dean Ornish’s Program for Reversing Heart Disease.* Dean Ornish. New York, NY: Random House, Inc. 1990. 631 pp.

“Cardiovascular Disease Risk Factors in Free-living Men: Comparison of Two Prudent Diets, One Based on Lactoovovegetarianism and the Other Allowing Lean Meat.” Mark Kestin, et al. *The American Journal of Clinical Nutrition*, 50(2):280-287. February 1989.

“Relation Between Vegetarian/Nonvegetarian Diets and Blood Pressure in Black and White Adults.” Christopher L. Melby, et al. *American Journal of Public Health*, 79(9):1283-1288. September 1989.

“Animal Product Consumption and Mortality Because of All Causes Combined, Coronary Heart Disease, Stroke, Diabetes, and Cancer in Seventh-day Adventists.” David A. Snowdon. *The American Journal of Clinical Nutrition*, 48(3):739-748. September 1988.

“Effect of Diet on the Plasma Levels, Metabolism, and Excretion of Estrogens.” Barry R. Goldin and Sherwood L. Gorbach. *The American Journal of Clinical Nutrition*, 48(3):787-790. September 1988.

“Health Aspects of Vegetarian Diets.” Johanna T. Dwyer. *The American Journal of Clinical Nutrition*, 48(3):712-738. September 1988.

“Low Blood Pressure in Vegetarians: Effects of Specific Foods and Nutrients.” Frank M. Sacks and Edward H. Kass. *The American Journal of Clinical Nutrition*, 48(3):795-800. September 1988.

“Ischemic Heart Disease Risk Factors in Middle-aged Seventh-day Adventist Men and Their Neighbors.” Gary E. Fraser, et al. *American Journal of Epidemiology*, 126(4):638-646. October 1987.

“Mortality Among Seventh-day Adventists in Relation to Dietary Habits and Lifestyle.” Roland L. Phillips and David A. Snowdon. In: *Plant Proteins: Applications, Biological Effects, and Chemistry*. Robert L. Ory (ed.). Washington, DC: American Chemical Society. 1986. pp. 162-174.

### **Micronutrients (publications in order by year)**

“Mineral Adequacy of Vegetarian Diets.” Jeanne Freeland-Graves. *The American Journal of Clinical Nutrition*, 48(3):859-862. September 1988.

“Vitamin B-6 Status and Bioavailability in Vegetarian Women.” Terry D. Shultz and James E. Leklem. *The American Journal of Clinical Nutrition*. 46(4):647-651. October 1987.

### **Vegetarianism and Infants, Children, Pregnant and Lactating Women (publications in order by year)**

“Anthropometric and Dietary Assessment of Omnivore and Lacto-ovo-vegetarian Children.” Maya Tayter and Kaye L. Stanek. *The Journal of the American Dietetic Association*, 89(11):1661-1663. November 1989.

“Vegetarian Diets for Children.” Cristine M. Trahms. In: *Nutrition in Infancy and Childhood*, 4th ed. Peggy L. Pipes. St. Louis, MO: Times Mirror/Mosby College Publishing. 1989. pp. 207-222.

“Counseling the Pregnant Vegetarian.” Patricia K. Johnston. *The American Journal of Clinical Nutrition*, 48(3):901-905. September 1988.

“Vegetarian Children: Appropriate and Inappropriate Diets.” Cathy Jacobs and Johanna T. Dwyer. *The American Journal of Clinical Nutrition*, 48(3):811-818. September 1988.

*Vegetarian Mother and Baby Book*. Rose Elliot. New York, NY: Pantheon Books. 1986. 261 pp.

“Feeding the Vegan Infant and Child.” Delores D. Truesdell and Phyllis B. Acosta. *The Journal of the American Dietetic Association*, 85(7):837-840. July 1985.

### **Vegetarianism and Athletic Performance (publications in order by year)**

*Vegetarianism - Implications for Athletes*. Jaime S. Rudd. Omaha, NE: International Center for Sports Nutrition. 1990. 32 pp.

“Vegetarian Dietary Practices and Endurance Performance.” David C. Nieman. *The American Journal of Clinical Nutrition*, 48(3):754-761. September 1988.

### **Food Production and Service (publications in order by year)**

Campus Favorites: Vegetarian Recipe Collection. Dietitians in College and University Food Service. Chicago, IL: The American Dietetic Association. 1991. 82 pp.

“Quantity Vegetarian Meal Patterns.” Bert C. Connell. *The American Journal of Clinical Nutrition*, 48(3):910-912. September 1988.

“Work Function Analysis of Vegetarian Entree Production.” Susan Maloney, et al. *The Journal of the American Dietetic Association*, 86(2): 237-241. February 1986.

### **Cookbooks with Nutrition Information (publications in order by year)**

*Quick Harvest. A Vegetarian’s Guide to Microwave Cooking*. Pat Baird. New York, NY: Prentice Hall Press. 1991. 272 pp.

*The Brilliant Bean*. Sally and Martin Stone. New York, NY: Bantam Books. 1988. 288 pp.

*The Complete Vegetarian Cuisine.* Rose Elliot. New York, NY: Pantheon Books. 1988. 352 pp.

*The New Laurel's Kitchen.* Laurel Robertson, Carol Flinders, and Brian Ruppenthal. Berkeley, CA: Ten Speed Press. 1986. 511 pp.

## Teaching Tools

*So You Want to be a Vegetarian?* (flier, 2 pp.) Available from Vegetarian Education Network, P.O. Box 3347, West Chester, PA 19380. (215) 696-VNET.

*Vegetarian Diets.* (flier, 2 pp.) Available from National Center for Nutrition and Dietetics, 216 West Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (312) 899-4853.

*Vegetarian Food Package.* (food models) Available from Nasco, 901 Janesville Avenue, P.O. Box 901, Fort Atkinson, WI 53538-0901. (414) 563-2446.

*Vegetarianism.* (flier, 2 pp.) Available from Penn State Nutrition Center, Ruth Building, 417 E. Calder Way, University Park, PA 16801-5663. (814) 865-6323.

## Magazines and Newsletters

*Issues in Vegetarian Dietetics*, newsletter of Vegetarian Nutrition, a dietetic practice group of The American Dietetic Association, Division of Practice, 216 West Jackson Boulevard, Chicago, IL 60606-6995.

## Contacts for Assistance

Local Contacts (Listed in the telephone directory)

*Ask for the:*

College or University (Department of Home Economics, Nutrition, Dietetics, or Medicine) . . . . .	Nutrition Educator
Affiliated Dietetic Association (state or regional chapter) . . . . .	Dietitian
Health Department . . . . .	Nutritionist
Hospital . . . . .	Registered Dietitian
Nutrition Consultant . . . . .	Registered Dietitian



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### National Contacts

American Dry Bean Board, 4502 Avenue I, Scottsbluff, NE 69361.

Seventh-day Adventist Dietetic Association, P.O. Box 75, Loma Linda, CA 92354.  
(714) 824-4593.

Vegetarian Education Network, P.O. Box 3347, West Chester, PA 19380. (215) 696-VNET.

Vegetarian Nutrition Dietetic Practice Group, The American Dietetic Association, 216  
West Jackson Boulevard, Chicago, IL 60606-6995. (312)899-0040. Extension 4815.

The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203. (301)366-8343.

### **Acknowledgements are made to the following consultants:**

- Kenneth I. Burke, Ph.D., Professor, Department of Nutrition, Loma Linda University, Loma Linda, CA 92350
- Suzanne Havala, R.D., Chairperson, Vegetarian Nutrition Dietetic Practice Group, The American Dietetic Association, Chicago, IL 60606-6995
- Johanna T. Dwyer, D.Sc.,R.D., Professor, Department of Medicine, Nutrition, and Community Health, Tufts University. Director, Frances Stern Nutrition Center, New England Medical Center, Boston, MA 02111

This *Nutri-Topics* was compiled by Ann Reed Mangels, Ph.D.,R.D.,  
Nutrition Advisor, The Vegetarian Resource Group

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